



## Matters of Principal

*"It's very important that we re-learn the art of resting and relaxing. Not only does it help prevent the onset of many illnesses that develop through chronic tension and worrying; it allows us to clear our minds, focus, and find creative solutions to problems."*

— **Thich Nhat Hanh**

Modern living is fast paced and frenetic, non-stop action go, go, go. There is a perceived need to be productive 24 /7, we find ourselves constantly trying to convince ourselves that if we are not doing something we are being idle. We feel a need to keep ourselves active or occupied all day long every waking hour. If we are not actively engaging in our chosen occupation, in a world dominated by technology and smart phones, we are surfing the web, swiping through social media or watching series. We are seeking likes and ensuring that our profiles are up to date. I don't do Facebook but have always wondered why someone would post on social media that they are at an airport! (I think I know ...) When I was at school we had a time after lunch from 13h45 – 14h30 where we had to lie on our beds. Forty-five minutes of rest! I remember just doing nothing!! There was a time when we arrived at a stop street or went to a restaurant and simply just sat. We didn't whip out our cell phones and start scrolling, we enjoyed our own company allowing our own thoughts to distract us, or the company of those around us making real connections and creating relationships. I believe we were bet-

ter for this time.

Burnout is all too real, we simply don't give ourselves the opportunity to switch off. What we have also stopped doing is respecting other people's time. We message, make contact, ask a question and expect a response or answer immediately! How often do we complain about being "blue ticked"? We do this anytime of the day or night, weekends and holidays become blurred, we have become a generation that expects instant gratification.

The importance of rest and relaxation is well documented, maybe we need to heed the advice given and take time out to stop. We need to fight to protect our private time but most importantly we need to respect time and space of those we interact and work with and allow one another to simply stop and smell the roses!

*Thich Nhat Hanh*

Five Stanfordinians represented Limpopo in the 2021 Fly Fishing Youth Nationals in Ceres, Western Cape in the last week of the holidays; Jason Freestone, Kade Thompson, Luke Fairhead, Campbell McLean and Matt Ellis. Luke wrote the following report of the experience:

We had three days of practise along the beautiful Cape streams, Elandspad and Smalblaar. After lots of preparation and practise, we managed to place 4th overall, despite having three members who have never fished competitively before. The boys had an awesome time, fishing in one of the most scenic areas in South Africa, with towering mountains and crystal clear streams in every direction. The team also had decent individual placings, notably Campbell McLean with a 16th, Jason Freestone with a 15th, and myself with a 10th place.

There was a lot of effort put in, not only from the team, but from our coach and manager, Evert Minaar and Felix Hacker, as well as the parents who acted as transport for the teams, and lent a hand wherever else it was needed. The team is already looking forward to next year's training, and hope to work towards a podium position.



## SCRIVEN AT THE TOP OF THE LOG

Michael Scriven competed in the fifth round of the Lowveld Enduro Club series at Loskop during the holidays. The track was wet and slippery to start, making for a tough first lap, but excellent conditions after that. Mike won his category, moving him into the series lead of the 'Silver A' class. With just two races to go at the end of October, there's everything left to race for.





## K-O FOR K4 MEMBER

by Jarryd Gosling

On the first weekend of October, Gunther and Heidi Katzke with their dad, Walt, and myself competed in the Merrell Transkei Tuff 150km Adventure Race presented by Out the Green Box as Team K4. The race started early in the morning with a little arts and craft challenge. Once completed, the teams could commence with the first leg, a muddy MTB section. T1 was at the famed hole-in-the-wall, where we started the longest trek leg of the race. With various kloof sections, a 25m abseil and running along the coastal cliffs of the Wild Coast, the section was absolutely breath-taking, literally and figuratively.

With our bikes waiting for us at T2, we had a calm transition and continued on to leg 3 expecting some tricky navigation, but not expecting the wind.

Unfortunately, the wind blew Heidi straight off of her bike resulting in a terrible fall which meant that our team had to pull out. Luckily, she only had a slight concussion and a sprained wrist and is making a speedy recovery.



On Saturday 25th of September, three Stanfordinians; Herman Fourie, Gunther Katzke and Gordon Noel participated in the South African National XCO Championships at Cascades MTB Park in Pietermaritzburg. All three performed really well in their respective age categories, Herman managed to secure a 7th place, Gunther came in at 2nd and finished 3rd overall in the SA Cup series. Gordon pushed to a good 14th place.

It was a very punchy track with steep climbs, smooth descents and some technical areas too. The heat and dust made it all that more exhausting but overall, the boys had fun and gained a lot of experience. The MTB races have calmed down for this year, so they can put the cycling aside for now and focus on exams.



The SANESA Schools' League National Championships were held at Kyalami Equestrian Park from 4 - 9 October 2021. Ruben le Roux (Grade 10) had been selected to represent Limpopo in a few different disciplines. Herewith some results:

Ruben and his warmblood, TI Quinta, were very brave. They qualified to do dressage, and even though Ruben does not particularly like doing dressage, it is extremely good for him and his horse. They competed in Level 1, and placed 12th. This really is a good achievement in a large class with many excellent competitors. Ruben and Quinta's speciality, equitation, was a huge hit! They competed at Level 7, which means they do two phases (phase one is lateral flatwork, and phase 2 is jumping) and only the three best candidates go through to phase 3, where the riders switch horses. Ruben picked a very challenging horse to ride, but did an excellent job. They ended in third place! This was a real highlight. Limpopo's team also ended in third place for this class.

TK, Ruben's four-year-old thoroughbred whom he is producing himself, participated in the working hunter class - jumping at 80cm. This class is all about tack and turn out - every hair should be in its place! TK looked beautiful, but his lack of experience in a grass arena with steps and banks and a dyke got the better of him. Ruben decided to retire rather than allowing TK to injure himself (or Ruben!). This was unfortunate, but it was the wise thing to do.

Capital Clooney, Ruben's new horse, jumped like a champion again. Jumping at 110cm, they came in 8th place in the competition class (with a jump-off), and they ended in 11th place in the 2-phase speed class. Two beautiful clear rounds!

In-between the classes, Ruben made time to go to physio and to train on a horse simulator in order to better his posture and balance. He made use of every possible moment to improve his horse riding skills. Well done to Ruben and all of his noble steeds.





# SNAPSHOT

Stanford Lake College  
ISSUE 32 OF 2021 - 15 October

## THE CLASS OF 2021 MATRIC DANCE IN PICTURES...





## SCIFEST SUPERSTARS



A junior and senior team took part in the National Scifest Competition on 14 October 2021. The competition was tough and Stanford was competing against the top schools in South Africa. Their knowledge on Physics, Chemistry, Anatomy, Zoology, Geology, Mathematics and Astronomy were tested. The junior team consisted of relatively young Stanford pupils and they finished in the top 20 countrywide. Well done to Yash Kallan, Wihan van Eeden and Nicholas Boyum. Zoë Burman, Michael Scriven and Jack Tasker were representing Stanford Lake College in the senior quiz and they managed to finish in 4th place. Well done!



On Thursday, 16th September, 50 Grade 8 explorers set out on their longest expedition yet – they were about to embark on a 7-day trail through the Wolkberg. Day one was tough on the legs, that weren't yet used to the weight of the packs or the kilometres to be covered. After almost 17km and wriggling their way around the western side of Ebenezer Dam, the group set up camp among the plantations south of Bifrost Mountain Retreat. The next morning was rather miserable as the campsite became enveloped in thick mist just as the group began packing down. From there on in, it was rain coats, ponchos and backpack covers for all – the mist surprisingly deceptive in its permeating abilities!!

The second day was quite tedious, following the main road into the Mhlapitse Valley en route to the base of Serala. The group covered 14km in quite miserable conditions, but spirits were high once the campsite was reached. The knowledge of it being a campsite for two nights was refreshing for the group and that their third day would be day packs only!

On the Saturday morning, the group were due to set off for the waterfalls but had a change of plan. The day trip out was postponed a little in order to greet and cheer the cyclists participating in The Magoeba Trek. It was lovely for them to be able to cheer on some familiar faces including Mr Willson and Mr Ceronio and for Gordon Noel to even get a brief glimpse of his dad as he trudged through the rocky crossing of the Mhlapitse River. After the cheering and supporting, the group walked with a spring in their step deeper into the Mhlapitse Valley, towards the waterfalls. Despite walking with much lighter packs, balance was

tested all round as the group crossed a total of nine river crossings. There were very few who made it across all nine without getting their feet wet. For most, there were some spectacular wobbles, epic jumps and early "baths" as everyone's footing was tested. Despite nine there and nine back, every single "fail" made for roars of laughter among the group. The slippery obstacle course to get there was worth it, as everyone enjoyed plunging into the icy pools at the falls.

On Sunday morning, the notorious "Devil's Hill" awaited the group. This isn't the hill's actual name, more a nickname passed on from one grade to the next to instill dread in their younger peers. The 6km uphill takes you from the Wolkberg Reserve entrance gate to the grasslands of Serala. It is brutal and unforgiving, but the group conquered the legend that is Devil's Hill. That afternoon, packs were dropped, tents were pitched and the grade made their way to "bumslides" – water covered boulders that make for a great slip-slide into the pool at the bottom! That night, a storm passed overhead bringing with it some rain, rumbling thunder, lightning and a nervous Headmaster watching it all unfold from his stoep. Thankfully the group were well protected at their camping spot and the storm soon passed, leaving only a plethora of stories to be shared the following morning.

Monday was summit day – the reason behind the entire expedition! Thankfully the sun was shining and the group enjoyed a long but sunny walk to view Cleopatra Pools and The Horns, before making their way to the summit of Serala. There was a slight haze but the views were still spectacular. A few of the girls gave a show at the top, singing and dancing to See You Again by Wiz Khalifa but substituting the word "friend" for "bed". It was a great way to honour Serala's heights on such a high.

Tuesday was a long walk to Bergplaas but worth it for those who braved a dip in the water and to be able to make a campfire. It's amazing how a simple fire can bring the group together – an opportunity to share stories about their expedition, sing songs (even if they were Christmas songs – in September!) and generally enjoy one another's company. On Wednesday morning, the group made the 16km hike back to the school, collapsing into heaps on the grass by the lake and relieved to be "home". Overall, it was a tough week for the pupils, having covered over 90km, which is probably a record distance for a Grade 8 Trek. Each and every pupil should be very proud of themselves for completing this challenging expedition.



# BOARD OF TRUSTEES ELECTION PROCESS

One Debenture Holder and one Parent Representative are due to be elected onto the Board of Trustees at Stanford Lake College. The election process is as follows:

1

Notice of the election was sent to all debenture holders and parents on Friday, 15th October. This is at least thirty days prior to the date of election (Friday, 19th November 2021). Debenture holders are entitled to nominate candidates for election for the debenture holder position. Nominations may only be made by holders of fully paid debentures. Parents of pupils currently enrolled at the school are entitled to nominate candidates for election for the parent representative position.

2

Each nomination must be accompanied by a brief curriculum vitae of the nominee, as well as a motivation by the nominator, setting out the reason for the nomination and the role that they feel the nominee will fulfil on the Board. The nominee must accept the nomination in writing and acknowledge that he / she is aware of and accepts the roles and responsibilities of Trustees.

3

A second debenture holder must second the nomination. Nominations close on Friday, 12th November 2021.

4

The Trust will issue debenture holders with an official e-vote as well as a brief curriculum vitae of each nominee on Monday, 15th November 2021.

5

The candidates for whom the greatest number of votes has been recorded will be declared to be duly elected members by the Chairman of the Board of Trustees on Friday, 19th November 2021. In the event that two or more nominees receive an equal number of votes, the remaining Trustees will hold a secret ballot to decide on the successful candidate.

## ***Desirable traits of Board members:***

- Specialist skills such as Legal, Financial, Marketing, Infrastructure Maintenance, Education
- Analytical skills
- Passionate, committed
- Available for scheduled meetings such as Board meetings every quarter and Sub-committee meetings every quarter

